

MOTHERS AND DAUGHTERS

Read This Letter from Mrs. W. S. Hughes



Greenville, Del.—"I was under the impression that my eldest daughter had some internal trouble as ever since the first time her sickness appeared she had to go to bed and even had to quit school once for a week. I always take Lydia E. Pinkham's Vegetable Compound myself so I gave it to her and she has received great benefit from it. You can use this letter for a testimonial if you wish, as I cannot say too much about what your medicine has done for me and for my daughter."—Mrs. W. S. HUGHES, Greenville, Delaware.

Mothers and oftentimes grandmothers have taken and have learned the value of Lydia E. Pinkham's Vegetable Compound. So they recommend the medicine to others.

The best test of any medicine is what it has done for others. For nearly fifty years we have published letters from mothers, daughters, and women, young and old, recommending the Vegetable Compound. They know what it did for them and are glad to tell others. In your own neighborhood are women who know of its great value.

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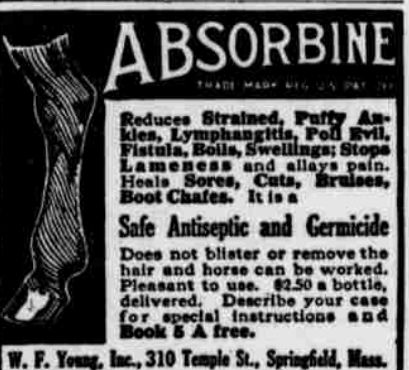


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MAD OVER A MERE TRIFLE

Surely Any Man Who Has Seen Service Will Agree That Corporal Was Unreasonable.

A couple of recruits of the latest vintage were discussing the pros and cons of service life at Paris Island. "It ain't so bad," confided one. "Most of it is all right, but it's that blasted relief from guard duty that gets me." "Relief from guard duty?" ejaculated the other. "Man, you're cuckoo! There's nothing to be relieved from guard duty. It's being on guard duty that's tough."

"No," maintained the first, "it's the relief. Why, the other day they put me on guard duty for two hours, and it wasn't bad at all just standing around and watching the rest of 'em drilling and knowing that I didn't have to do it myself, but when the time for relief came the corporal came up and gave me the devil."

"What for?"

"Nothing—nothing at all. I just couldn't remember where I left my rifle."—The Leatherneck.

Total of Nothing.

There were seven of us in all, at lunch. One proposed:

"Gentlemen, for diversion, suppose we each take a piece of paper and, without consultation, write down as many benefits of war as we can think of, and then put them together and see what they make."

So, being essentially children anyhow, each busied himself with his part of the job and delivered the result to the teller, who proceeded to tally—six blank sheets of paper and one on which had been written:

"Yuh got me, Bill. I can't think no more."—Richmond Times-Dispatch.

Apropos.

"Where are you going?" "Hunting." "For what?" "Money. I'm on the cent!"—Judge.

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PROPER FILLING MEALS FOR BOYS

It Is Normal and Absolutely Necessary That Youngsters Eat Heartily.

WISE MOTHER NOT WORRIED

Youth Uses Tremendous Amount of Energy and Often Requires More Food Than Moderately Active Man at Work.

(Prepared by the United States Department of Agriculture.)

The average boy between twelve and twenty is apt suddenly to develop extraordinary predatory habits toward the pantry and ice box, even when his mother fondly believes she has provided him with good filling meals, a properly balanced diet, and a few luxuries besides. It becomes difficult to keep a box of crackers or raisins or any easily pocketed fruits on hand—cake, doughnuts, or even plain bread. Rare is the home where the boy in his early teens does not come in from school clamoring for food, no matter how many sandwiches and cookies were tucked in his lunch box.

Give Him an After-School Lunch.

The wise mother is not unduly alarmed by these manifestations. Instead of worrying for fear her boy is becoming a hopeless thief, she sets out for him an extra after-school lunch of milk and perhaps buns, cookies, doughnuts, pie, or fruit. She will then expend her mental energy in a careful examination of the caloric content of the food he actually eats to see that it is adequate to his needs at this important growing period.

It has been found by studying the many sandwiches and cookies were tucked in his lunch box.

Considerable stress is laid on physical development, that a boy between



"I'm Always Hungry, Mother, When I Get Home From School."

twelve and twenty may eat even more than his father. If the latter does only moderately active work. The boy uses a tremendous amount of energy, and at the same time is often growing faster each year than at any other period since babyhood. Three and a half inches annual increase in height is not unusual at this age.

Cereal Foods Satisfy.

The United States Department of Agriculture has worked out simple tables showing how many pounds of ordinary foods give the most calories per week, and how many hundred-calorie portions are contained in a pound or other measure by which foods are bought. Calories are the units by which energy, or the power to do work, is measured.

The average person over twelve years of age requires 27 hundred-calorie portions of food a day, or about 100 a week. This is true of a man or a boy using little muscular energy in work or play, or of a woman or girl who uses a good deal. A very active man or boy may need as much as 40 hundred-calorie portions a day, or 280 in a week. These must be distributed among the five food groups, so that fruits and vegetables furnish about one-fifth, protein-rich food another fifth; fats and fat foods a fifth; cereal foods, such as bread, and foods made of flour, rice, cornmeal and other cereals, three-tenths; sweets, one-tenth.

Inexpensive Material.

In the family of moderate means the problem often is to provide a quantity of good inexpensive satisfying material from each group, rather than articles calling for high-priced ingredients or delicate cookery. Most boys prefer doughnuts to pound cake; dumplings and lots of gravy please better than small portions of expensive meat cuts. Milk in large quantities helps body building and growth by the protein, lime, and vitamins that it supplies; while succulent vegetables, salads, tomatoes, oranges, and other fruits furnish the indispensable vitamins as well as bulk. Active boys crave and require plenty of butter, bacon or other sources of fat. They are also notoriously greedy with sweet things, like jam, honey, candy, and sweet desserts, and there is no harm in these sugar foods if they are served at the right time and providing all of them together do not furnish more than 10 per cent of energy of the total food used, as indicated above.

Sour Milk Biscuits Can Be Made With Cornmeal

Almost everyone likes sour-milk biscuits. Those made with cornmeal may be new to some housekeepers.

Cornmeal Biscuits.
1 1/2 cupsful corn- 1 table spoonful meal, 1 fat.
2 cupsful sour 1 tea spoonful salt.
milk, 2 eggs.
1 tea spoonful 1 table spoonful soda, water.

Heat together the cornmeal, sour milk, fat, and salt in a double boiler for ten minutes. When cool, add the well-beaten eggs and the soda dissolved in the water. Bake in small pans that will give a large amount of crust. The kind used for "finger" rolls is best.

Buckwheat Can Be Used in Quick Bread.

Not all buckwheat cakes are made on the griddle. This is good if served hot.

Buckwheat Breakfast Cake.
2 cupsful buck- 2 cupsful sour wheat flour, milk.
1/4 cupful short- 1 tea spoonful ening, soda.
1/2 tea spoonful salt.

Mix and bake in a flat pan so that the cake is about 1 1/2 inches thick when done. Cut in squares and serve hot like corn bread.

FIRELESS COOKER IS ALWAYS ECONOMICAL

Number of Dishes Prepared in It Can Be Increased.

Recipe for Creole Chicken Recommended for Fuel-Saving Device by Home Economists of Department of Agriculture.

(Prepared by the United States Department of Agriculture.)

Many get in the habit of using their fireless cooker for only a few dishes. It is well for variety, as well as economy's sake, to increase the number of dishes prepared in it. The following recipe for creole chicken is recommended for fireless cookers by home economists of the United States Department of Agriculture:

Creole Chicken.
1 medium-sized 1/2 cupful chopped fowl, onion.
2 cupsful tomato, 1/2 cupful rice.
1 cupful okra, 1 tea spoonful salt.
1 cupful chopped 1 cupful boiling water, sweet peppers, 1 table spoonful fat.

Dress the fowl and cut into joints. Melt the fat, add onion and pepper. Cook for a few minutes to develop flavor. Then add salt, tomato, and okra, and simmer for ten minutes. Place layers of the chicken, vegetable mixture, and rice in cooking vessel until all is used. Pour over this one cupful boiling water. Simmer for one-half hour and put in fireless cooker for three hours without hot disk or two hours with it. Additional seasoning of ham or bacon, parsley, and bay leaf may be used. A ham bone may be substituted for the ham or bacon. If this is done, boil it for one-half hour in enough water to cover. Then add one cupful of the ham broth to the tomato before cooking it with the bay leaf. This recipe offers a good way to use chicken-soup mixture. When necessary, thicken the broth with a little browned flour before putting the chicken into the cooker.

PROPER FOOD COMBINATIONS

Diet Made Up of Right Proportions of Starch, Fat and Sugar Will Be Satisfactory.

In addition to an understanding of the five food groups, it is well to know what proportions to use of the foods in each group, the United States Department of Agriculture points out. As a rule, the diet will be sufficiently bulky and flavorful and will furnish the right proportions of starch, fat, and sugar for the taste of most people if the vegetables and fruits furnish about 20 per cent of the fuel; the milk, meat, eggs and similar foods, 20 per cent; the cereal foods, 30 per cent; sweets, 10 per cent; and fats and fat foods, 20 per cent. A diet made up on these proportions will also furnish satisfactory kinds and amounts of protein, mineral substances and vitamins.



All Around the House
Jelly canned apricot juices with spices and grated orange rind and serve as a relish with meat.

Children will often drink sweetened flavored milk when they will not drink pure milk.

Chopped prunes give variety of flavor in doughnuts, cakes and cookies.

Most green vegetables should be covered at once with hot water and should be allowed to cook rapidly.

Prolong the life of the basket by scrubbing in hot soda.

All water should be removed from tubs and pails after use, otherwise they will rust or rot quickly.

CHIC NEW FROCKS

Simplicity of Line Marks New Dresses for Season.

Gowns Are Simply and Quietly Lengthened — Harmony Watchword — Must Be Becoming to Figure.

Two notable elements apparent in the season's frocks is the decided uniformity in the matter of the design and the popular bateau neckline. For this simplicity the French are no doubt responsible.

At present the lines are longer, to be sure, but they are simply and quietly lengthened, with every attention given to the proportion and the blending of one line with another, until there results that harmony which is always satisfying and which, authoritatively handled, is becoming to what-ever figure happens to wear it.

In accordance with this, is the unusually simple design of the frock of mauve-colored crepe, trimmed effectively with terra cotta, blue and brown beads.

The frock shown may be made from the same pattern by an inventive seamstress. It is one of the most popular models of the season, and it has nothing but straight lines to entice the wearer. This is made of emerald green silk duvetyne with the sleeves, long side panels and the narrow neck trim made of accordion plaited dove gray crepe de chine.

Another frock which may easily be cut from the same pattern, with the possible exception of the widened skirt, is made of velvet. This has the drawn-in bodice, made possible by a very slight fitting. Then it tops the straight hanging skirt, which is fuller



Can Be Made by Inventive Seamstress.

than we are accustomed to see, and which is simply gathered over a hidden belt. The finishing touch is most effective of all, and is achieved with rows of gray tassels and bands of gray wool trimming, stimulating caracul fur. The sleeves are tightly fitted and lend a decidedly new air. Worn with either of the frocks mentioned is the plaid woolly scarf with tassel to match, which is appealing to all types.

If Knitting Sags.

Knitted wool sweater coats sometimes sag at the shoulder. To prevent this sew a bit of ribbon the length of the shoulder from neck to top of armhole, just fastening it securely at each end.

BLOOMER FROCKS FOR THE GIRLS

Popular and Practical Mode of the Season for Little Misses—High Shades Smart.

One of the most popular and practical styles of the season for little girls of four to seven years is the wool jersey bloomer frock and the mother who has not experimented with this fabric in its various color combinations cannot realize how smart it is possible to make these inexpensive little garments.

High shades are particularly smart in the wool jersey dresses for children, colors like bright green, rose and a very deep lavender being popular. Such shades as wistaria and a pale yellow are combined with good effect. The fancy for bright shades does not mean that the more somber and practical colors are taboo. Henna and gray, brown and tan, navy and green are combined.

CORDUROY ROBES ARE SMART

Garment Suitable for Wear After the Bath or in Afternoon When Friends Call.

One says "lounging robe" now—not bathrobe. And the new lounging robes of corduroy are luxurious affairs, to be sure. One might slip such a garment on after the bath, but it is certainly suitable also for the afternoon when women friends drop in to gossip.

A new lounging robe is of plain and embossed corduroy. Collar, cuffs and most of the skirt are of the embossed corduroy; the upper part of the garment and the sash of plain corduroy.

NEAT TOQUE OF BABY LAMB



Striking indeed is this hat, designed by a Paris milliner. It is a toque of baby lamb on which is mounted a tremendous bow of black velvet. The huge horseshoe ornament adds snap.

METAL CLOTH EVENING FROCK

Fabric Is Extensively Used for Formal Gowns—Majority of Dresses on Straight Lines.

Except in dance frocks for young and slight figures, the majority of the season's evening frocks are developed on straight lines, with novel and interesting color and fabric combinations.

Metal cloth is extensively used. One particularly fetching evening gown recently seen was made of chiffon in a rich violet shade, with no trimming whatever except a wide girdle of silver cloth caught at one side with a huge rosette of the same.

A gown that combined chiffon and silver cloth featured the former in a dull blue. The silver cloth was used to band the chiffon side panels of the frock, over which were draped extra panels of chiffon long enough to form side trains. Woven silver braid formed the girdle. A black velvet evening gown was made over a silver cloth slip, a wide silver braid in woven design serving as shoulder straps.

NEW HATS HAVE LACE VEILS

Decoration Is Draped About Brims Dropping Over the Face to Tip of the Nose.

Many of the new hats have short lace veils draped about their brims, dropping over the face to the tip of the nose. These lace "half veils" have sprung into popularity suddenly, being worn by practically every smart woman at the French races.

Birds' wings have come into prominence as trimming, particularly on small hats, which are in many cases encircled with masses of them. In fact, in Paris at the Theater Michel, where one of the smartest revues of the season was presented, one of the society leaders wore an original and much-talked-of headdress made of upturned wings of kingfisher feathers, three or four placed one above the other on each side of her face.

Better Gray Than Dyed.

Grays of the hair is more often hereditary than not. Sometimes worry, anxiety, a diseased condition of the scalp will help along the gray hairs. Aside from removing these latter causes, there is not much one can do for it. If you once start dyeing it, you are in for a lifetime of cure on it. And then dyed hair, unless extremely cleverly done and dyed as near the original color as possible, is apt to be quite ugly.

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One of Those Busy Bees.
Wisconsin Paper—Charles Harker had a bee shingling his barn Saturday.

Really... We'd like to have watched the little beggar.—Boston Transcript.

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And the Nymph, Oh, Where Was He? From "Messer Marco Polo"—And over the desert, the satyr called to her mate.

The woman who weds a bad egg need not expect to enjoy the matrimonial yolk.

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